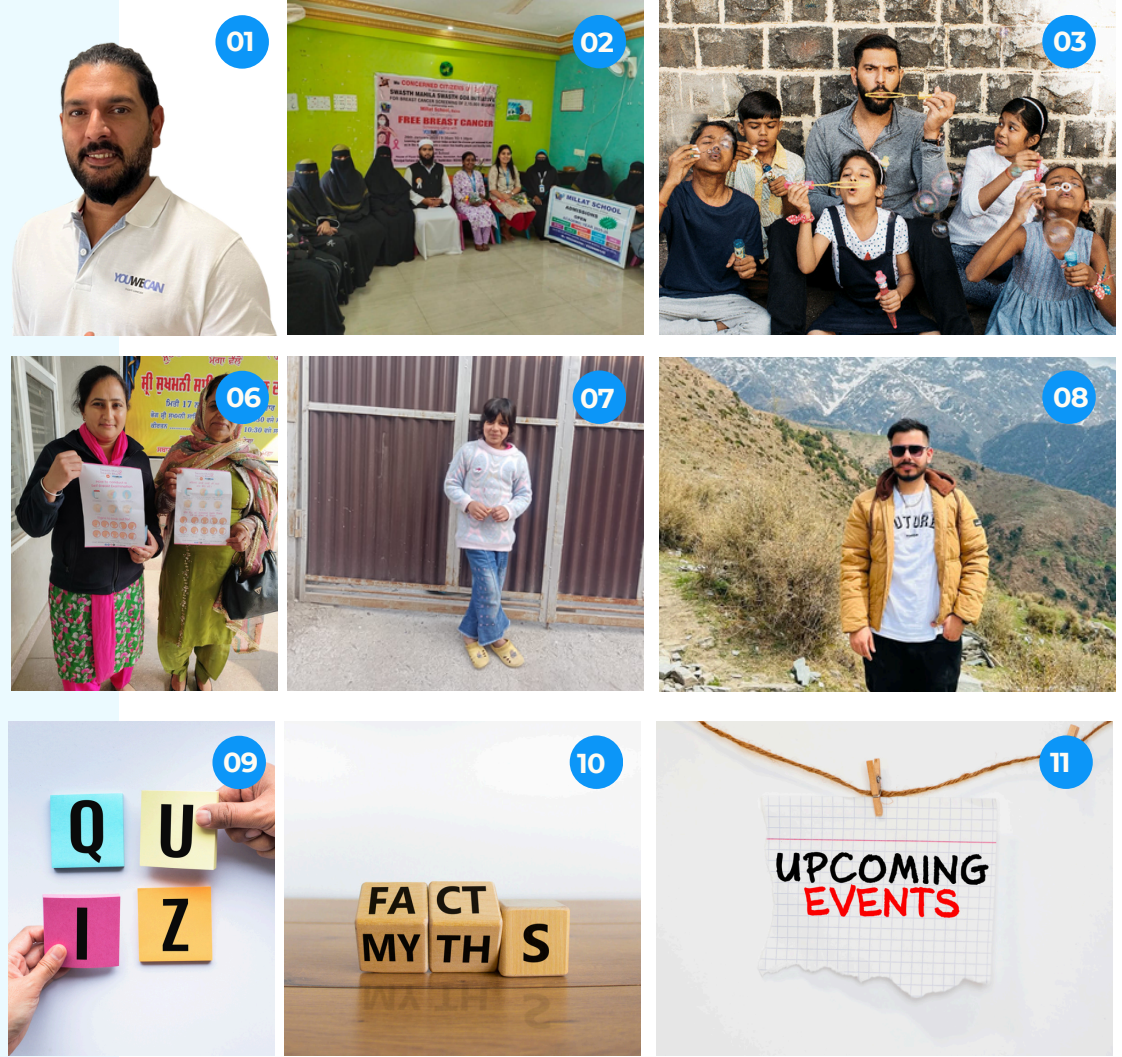




**50,000+ Scans & Counting –
A Milestone in the Journey to a
Cancer-Free Future!**

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Words of Encouragement

Dear YouWeCan family,

Sixteen years ago, we embarked on a journey that would redefine our purpose. Surviving cancer taught me that resilience is about emerging stronger, more determined, and more committed to creating change.

Every patient we reach through our cancer awareness programs, every survivor we support, and every woman and child we uplift is a testament to the power of collective action.

The fight against cancer is not just medical—it is emotional, mental, and deeply personal. I have seen the power of hope firsthand, and I want each one of you to know that you are never alone in this battle. Early detection, regular screenings, and timely treatment can make all the difference

Let's continue to stand together, support each other, and create a future where cancer is no longer a threat but a challenge we conquer with knowledge, action, and unwavering hope.

Stay strong. Stay hopeful.

Yuvraj Singh

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SMSG: Prioritizing Regular Screening for Early Detection of Breast Cancer

The Swasth Mahila Swasth Goa (SMSG) project is proving the importance of regular screenings in detecting and addressing breast cancer early. As we move into the second phase, seven more women have been newly diagnosed with breast cancer, adding to the previously identified 58 cases. This brings the total number of confirmed cases to 65, with 60 women currently undergoing treatment.

With early detection being the key to better outcomes, we are focusing on high-risk women identified during the first phase. These individuals are being closely monitored with an emphasis on annual screenings. Timely checkups allow for the early identification of changes, enabling swift medical intervention that significantly improves survival rates.

By integrating this proactive approach, we aim to ensure that high-risk women remain under consistent observation, in line with global healthcare recommendations. The SMSG team remains committed to advancing early detection efforts and ensuring that more women benefit from timely screenings. We urge women everywhere to prioritize their health and commit to regular screenings. Awareness and action today can save lives tomorrow.



Celebrating 16 Years of Transforming Lives: YouWeCan's Legacy of Impact

This Foundation Day, on January 27th, marks 16 incredible years of YouWeCan's journey in transforming lives and shaping a healthier future. As we celebrate this milestone, we reflect on our impactful journey and the unwavering support from our community, which has made every step forward possible.

From screening over 4,00,000 individuals for cancer to reaching 1,25,000+ students through anti-tobacco workshops, our initiatives have changed lives across the country. We have empowered 1,50,000+ women with breast cancer screenings, supported 350+ children battling cancer, and provided 650+ survivors with scholarships for a brighter tomorrow.

Beyond individual care, our commitment to strengthening healthcare infrastructure is evident in the establishment of 1,020 critical care beds across 11 states and the distribution of over 1 million hygiene kits. These initiatives represent our unwavering resolve to ensure a healthier, cancer-free India.

As we move forward, we reaffirm our commitment to saving lives, raising awareness, and empowering communities. The fight against cancer is far from over, but together, we can conquer it. Every action counts, and every life matters. Let's continue making a difference!







Stronger Together: Taking Breast Cancer Awareness to Every Corner of India

The Swasth Mahila Swasth Bharat (SMSB) initiative continues to create meaningful change by driving breast cancer awareness and early detection across multiple districts in India. Every screening conducted is not just a health checkup but a step toward empowering women with life-saving knowledge. Our outreach is breaking long-standing taboos and encouraging women to prioritize their health. By reaching underserved communities, we are ensuring that no woman is left behind in the fight against breast cancer.

- **Udham Singh Nagar, Uttarakhand:** A remarkable 7,502 screenings led to 190 suspected cases. The hills echoed with our message of early detection, ensuring more women receive timely care.
- **Baran, Rajasthan:** In a land known for its vibrant traditions, 5,847 women embraced screenings, with 41 suspected cases. Each session fosters a culture of proactive healthcare.
- **Khammam, Telangana:** A strong participation of 5,838 screenings led to the detection of 143 suspected cases. The community is embracing the importance of timely breast health checks.
- **Virudhunagar, Tamil Nadu:** In the industrious town of Virudhunagar, 4,561 screenings resulted in 35 suspected cases. With each session, we are reinforcing the power of early detection..
- **Nuh, Haryana:** In the heart of Nuh, 4,275 women have been screened, with 103 potential cases identified. Our grassroots approach is encouraging conversations around breast health.
- **Wayanad, Kerala:** Nestled in nature's lap, 3,978 screenings led to 91 suspected cases. The participation of women from this region reflects a growing trust in preventive healthcare



- **Moga, Punjab:** Amidst the lush fields of Punjab, 4,506 women participated in screenings, leading to 95 requiring further diagnosis. The rising participation underscores the community's growing awareness of early detection.
- **Osmanabad, Maharashtra:** In the heart of Maharashtra, 5,033 women were screened, identifying 66 potential cases. The growing participation showcases the shift toward preventive healthcare
- **Dahod, Gujarat:** In this tribal district, 3,615 women underwent screenings, with 11 requiring follow-up care. The initiative is making healthcare more accessible in remote areas.
- **Barpeta, Assam:** With 3,109 screenings and 30 suspected cases, our efforts in this culturally rich district are ensuring that more women have access to life-saving screenings.
- **Visakhapatnam, Andhra Pradesh:** From the coastal city of Vizag, 1,920 screenings and 32 potential cases show that awareness is spreading, and women are prioritizing their health.
- **Guna, Madhya Pradesh:** With 2,313 screenings and 18 potential cases, Guna is stepping up for women's health. The dedication of local healthcare workers is at the heart of this movement.
- **Bahraich, Uttar Pradesh:** With 1,801 screenings and 89 suspect cases, we are ensuring that women in this historical town have access to early detection and medical guidance.
- **Nadia, West Bengal:** In the land of literary heritage, 2,553 women came forward for screenings, identifying 131 suspected cases. Every step forward here is a step towards a healthier future.
- **Kalaburagi, Karnataka:** Over 1,311 screenings resulted in 65 suspected cases. Our efforts in this region are helping break myths and encourage regular health checkups.

The journey continues, and our resolve is stronger than ever. Each screening, each diagnosis, and each woman empowered brings us closer to a future where breast cancer is detected early, treated effectively, and ultimately defeated. Together, we are building a healthier India!



Survivor Story

Fatima Ishfaq, a bright-eyed kindergartener from the heart of Srinagar, is making waves not just in her classroom but also in the hearts of those who support her. With a zest for learning and a promising future ahead, Fatima is grateful for the unwavering support of the Yuvraj Singh Foundation.

The foundation has been instrumental in providing Fatima with the necessary resources and encouragement to excel in her studies. From books and stationery to educational guidance, the foundation's support has been invaluable. Fatima's family, while immensely proud of her potential, faces financial constraints that could hinder her educational journey.

As Fatima embarks on her academic voyage, she hopes to continue receiving support from the Yuvraj Singh Foundation and other well-wishers. With their assistance, she dreams of reaching great heights and making a positive impact on society.

"I am very thankful to the Yuvraj Singh Foundation for helping me. I want to study hard and become a doctor," Fatima says.

The foundation's commitment to nurturing young talent like Fatima is truly commendable. By empowering children from disadvantaged backgrounds, they are not only shaping individual lives but also contributing to a brighter future for the nation.



Fatima



YouWeFan

Whether you're enchanted by his explosive batting, mesmerized by his impeccable fielding, or inspired by his indomitable spirit, this fan page is the perfect hub for celebrating the remarkable journey of one of the game's most iconic players.

Straight from Vasu Beri's Heart!

Please introduce yourself:

Name: Vasu Beri

Age: 25

Location: Amritsar, Punjab

Occupation: Team Lead

1. Which is your most memorable Yuvi's moment?

His innings against 150 v/s England after his comeback from cancer treatment

2. What are the first 3 words that come to your mind when you hear "Yuvraj Singh" ?

- Warrior
- Determined
- Off Side God

3. What is the most interesting fact that you know about Yuvraj Singh, that others may not know?

He is trainer of recent star player Abhishek Sharma and Shubhman Gill.

4. What's something you would love to ask Yuvraj Singh when you meet him ?

What came into your mind after the fifth six against Stuart Broad.

5. If Yuvraj Singh had a superpower, what do you think that would be ?

If Yuvraj Singh had superpower, he would probably remove the term cancer form this world.

6. Apart from the work already being done at YouWeCan, what other innovation would you like to see ?

I would love to see YouWeCan doing work against drug abuse in Punjab.

7. What is the one message you'd like to give Yuvraj Singh ?

Thank you for the amazing partnership with Mohammad Kaif at Lords.



Quiz Whiz

What is the primary cause of cervical cancer?

- A. Poor diet
- B. Human Papillomavirus (HPV)
- C. Genetic factors
- D. Lack of exercise

1



At what age is it recommended for women to start getting regular Pap smear tests?

- A. 15 years
- B. 40 years
- C. 35 years
- D. 25 years

2



What vaccine is widely used to prevent cervical cancer?

- A. Hepatitis B vaccine
- B. HPV vaccine
- C. Influenza vaccine
- D. Polio Vaccine

3



How often should women get a Pap smear test, according to general guidelines?

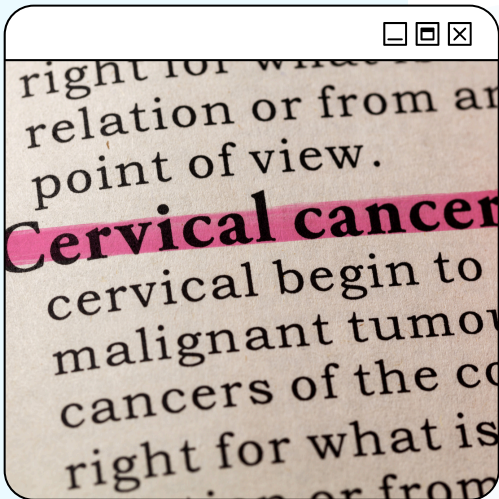
- A. Every 6 months
- B. Every 18 months
- C. Every 2 years
- D. Every 10 years

4



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Myth Busters

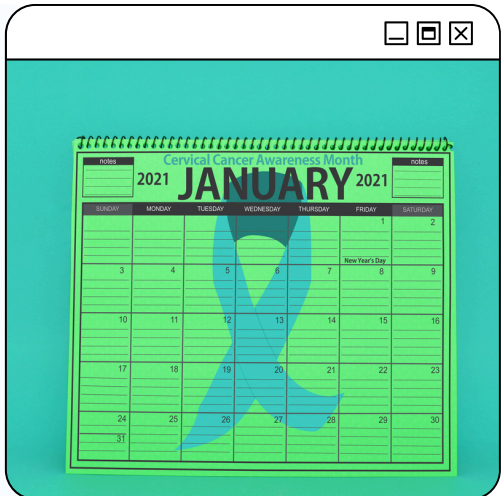


Myth 1: Only women with a family history of cervical cancer are at risk

Fact: Cervical cancer is primarily caused by HPV (Human Papillomavirus), which is transmitted through sexual contact. Family history plays a minor role compared to HPV infection.

Myth 2: Pap smears are only necessary if you have symptoms

Fact: Pap smears are a preventive tool and are crucial even if you have no symptoms. They help detect abnormal cell changes early, often before symptoms appear.



Myth 3: Cervical cancer cannot be prevented

Fact: Cervical cancer is highly preventable through regular Pap smear screenings, HPV vaccination, and practicing safe sexual health.

Upcoming Events

**World Cancer Day
Commemorations
at Shoolini
University**

**Expert Talk on
Childhood Cancer
by Mr. Ankeet
Dave, Founder @
AccessLife**



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**Be a
YWC
Volunteer**



Be a part of YouWeCan Times.
Write to us at info@youwecan.org

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